

Cooking for Kids

Recipe Sizing Report

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Oct 20, 2021

000292 - Carrot Apple Raisin Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 CUPS	Meat/Alt: Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
009003 APPLES,RAW,WITH SKIN.....	27 1/2 large	1. Dice apples.
011124 CARROTS,RAW.....	6 lbs + 14 ozs	2. Peel and grate carrots.
902993 RAISINS, SEEDLESS, NOT PACKED..... 009411 APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUM.... 009153 LEMON JUC FROM CONC,CND OR BTLD..... 799986 SALT, KOSHER.....	1 qt + 2 7/8 cups 1 2/3 cups + 1/2 Tbsp 1/2 cup + 3 3/8 tsp 1 3/4 tsp	3. Combine all ingredients in a large bowl and mix well. Hold in walk-in until serve. Serve cold in salad bowls.

*Nutrients are based upon 1 Portion Size (1/2 CUPS)

Calories	75 kcal	Cholesterol	0 mg	Sugars	*7.5* g	Calcium	19.08 mg	2.69%	Calories from Total Fat
Total Fat	0.22 g	Sodium	51 mg	Protein	0.76 g	Iron	0.36 mg	0.40%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	19.43 g	Vitamin A	5228.0 IU	Water ¹	*82.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.65 g	Vitamin C	6.0 mg	Ash ¹	*0.43* g	103.77%	Calories from Carbohydrates
								4.05%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.